

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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1610 Forest Avenue, Suite 100, Richmond, Virginia 23229

Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354

E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

Department for the Aging Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: AAA Directors

FROM: Bill Peterson

DATE: February 23, 2005

SUBJECT: Potential Nominations for the Commonwealth Council on Aging

The Commonwealth Council on Aging will soon have 4 vacancies - one each in the following Congressional Districts: the 3rd, 5th, 6th, and 9th. I am looking for names to submit to the Governor's Office for nomination to the Council to serve a four-year term beginning July 1, 2005.

I am hoping to find persons with experience in aging either as an employee of an AAA or other community organization, a governing board member of an AAA, or an advisory council member of an AAA. Special consideration will be given to persons who are members of a minority group (including African-American, Latino, Asian, American Indian, or other). Persons interested in serving on the Council are strongly encouraged to have a computer with email capabilities and to be able to drive (or be driven) to Council meetings in Richmond.

Please have interested persons send a letter of interest and a current resume to my attention at VDA. Attached is information about the Council that you can share with potential nominees.

Attachment

The Commonwealth Council on Aging

<u>Mission/Purpose</u>: The purpose of the Council is to ensure that state government takes a well-coordinated approach to meeting the needs of older Virginians. The Council's specific duties are:

- To help find effective and efficient ways for state government to deliver services to senior citizens.
- To advise the Governor and the General Assembly on aging issues.
- To recommend policies to address aging issues.
- To advise the Governor and the General Assembly on changes in regulations that may have an impact on older Virginians.

<u>Composition Requirements</u>: The Council consists of 19 appointed members, and four ex-officio members:

- There is one member from each of Virginia's 11 congressional districts, appointed by the Governor.
- Four at-large members are appointed by the Speaker of the House of Delegates.
- Four at-large members are appointed by the Senate Committee on Privileges and Elections.
- Non-voting members are the Commissioner of the Department for the Aging, the Director of the Department of Medical Assistance Services, the Commissioner of Social Services, and the Secretary of Health and Human Resources.

Anticipated number of meetings for 2005: The Council will meet twice after July 1, 2005: on Thursday, September 8th and Thursday, December 1st. Meetings begin at 10:00 AM and end by 2:00 PM. Lunch is provided at these meetings. In addition to the regularly scheduled meetings, Council members serve on standing committees which may meet 1-2 times during 2005. The meeting schedule for 2006 will be developed during the January, 2006 meeting.

<u>Location of Council meetings</u>: Meetings are generally held at the Virginia Department for the Aging, which is located just off the Glenside Drive South Exit (#183A) on I-64 in the city's West End. Free parking is readily available.

<u>Compensation</u>: Council members are reimbursed for mileage/travel expenses incurred for attending Council meetings.

<u>For more information</u>: Interested persons may contact Dr. Bill Peterson, Deputy Commissioner for Programs, at the Virginia Department for the Aging. Phone: 804-662-9325. Email: bill.peterson@vda.virginia.gov. A letter of interest along with a current resume should be sent to Bill Peterson at the Virginia Department for the Aging, 1610 Forest Avenue, Suite 100, Richmond, VA 23229.

Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors

Area Agencies on Aging

FROM: Tim M. Catherman

Deputy Commissioner, Support Services

DATE: February 23, 2005

SUBJECT: Virginia Aging and AoA in the News

Below are Virginia Aging or AoA related articles that have occurred since last week's Tuesday E-mailing. These links do not require a paid service; however, some (like the Washington Post, etc.) ask a brief survey or registration. Please note some links are time sensitive and can change daily. Some articles may be editorial and/or political. Links are presented 'as is'.

If you are aware of articles that I am missing, please e-mail me a link for inclusion next week.

Virginia AAAs In the News

'Savvy seniors' forum set at CNU in March

Daily Press - Newport News, VA, USA

... and Gerontology at Eastern Virginia Medical School. Information and registration forms are at www.cnu.edu/lls or by calling the **Peninsula Agency on Aging** at 873 ...

Virginia Rolls Out New Rural Housing Initiative

Expected to Rehab Approximately 130 Homes

...Bay Aging, Bay Aging Rural Housing Rehab, \$142,200

AoA News From Around the Nation

What's a NORC? Jewish community out front in social experiment to ... Washington Jewish Week - Rockville, MD

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Virginia Aging and AoA in the News Page 2 of 2

... Behind the scenes, the **Administration on Aging** of the US Department of Health and Human Services has underwritten the bulk of the program. ...

<u>US: AoA Helping Older Americans with Better Options and More ...</u> TheMatureMarket.com - World

The FY 2006 budget request for the **Administration on Aging** (AoA) is \$1,369,028,000. The request maintains funding at the FY 2005 ...

Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors

Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: February 23, 2005

SUBJECT: Kinship Care

Kinship Care Initiative Statewide Task Force and Information Network

The Taskforce invites all Area Agencies on Aging to send an attendee to its March 10, 2005 meeting. The meeting is scheduled for 10:00 A.M. in the VDA Conference Room at 1610 Forest Avenue, Richmond, Virginia. An informal survey of kinship care activities in the Commonwealth will be discussed as well as possible components for a statewide kinship care program. If someone from your agency would like to attend, please contact Ellen Nau at Ellen.Nau@vda.virginia.gov

AAA Mid-Atlantic News Release

A February 16 news release from AAA Mid-Atlantic marks Child Passenger Safety Week, February 13-19 by reminding grandparents transporting grandchildren to make sure children are seated safe and secure in their cars. The attached news release offers tips to grandparents for purchasing car seats, car safety tips and Virginia laws on transporting children. AAA Mid-Atlantic's web site is www.aaamidatlantic.com.

Cohousing

A special report in the January 21, 2005 Older Americans Report discusses the cohousing alternative for seniors. One cohousing community is being currently being developed in Abingdon, Virginia for seniors only. Elderspirit will have affordable rental units and homes for sale. More information on this facility can be found at www.elderspirit.net.

Recognizing that many seniors do not like to live with just seniors, many cohousing communities have an intergenerational program. The Cohousing Association of the

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United States at www.cohousing.net has more information on these communities. Silver Sage and Wild Sage, cohousing communities scheduled to open in Denver, Colorado addresses seniors only housing in the Silver Sage community – www.silversagevillage.com. The Silver Sage Village offers 16 homes and a common area. Wild Sage will be an intergeneration cohousing community located across the street.



AAA Mid-Atlantic News Release

1011 Boulder Springs Drive Suite 400 Richmond, VA 23225 www.aaamidatlantic.com

Martha R. Mitchell Contacts:

Office: (804) 323-6510

Cell: (804) 543-7190

mmitchell@aaamidatlantic.com

Windy A. VanCuren Office: (804) 323-6535

wvancuren@aaamidatlantic.com

GRANDPARENTS, ARE YOUR GRANDCHILDREN SAFE IN THE CAR?

RICHMOND, VA (FEBRUARY 16, 2005) - All grandparents want the best for their grandchild, and that includes making sure they are seated safe and secure while riding in the car. "Today many grandparents spend lots of time caring for and transporting their grandchildren, thus learning to use today's car seats correctly is part of being a 21st century grandparent," said Martha Rowe Mitchell, spokeswoman for AAA Mid-Atlantic.

Motor vehicle crashes are the leading cause of death and serious injury to children. Securing your grandchildren in the proper car seats can be the best defense. Car seats today are designed for crash protection and have been proven to prevent or reduce serious injury in almost all crashes.

During Child Passenger Safety Week, February 13-19, AAA Mid-Atlantic is reminding grandparents who take care of their grandchildren on a regular basis to consider buying car seats for their own vehicle.

Shopping tips when buying a car seat:

When buying a seat, make sure to choose seats that fit the children's ages and weights and that can be easily installed and used properly in your car. Some stores will allow you to try out the seat in the parking lot by leaving your driver's license at the customer service department.

AAA Mid-Atlantic, Page 2 of 2

- Used car seats may not always be the best option. A car seat that is missing instructions or parts is not safe to use. A new car seat is likely to be safer than a uses one. Do not take a chance on one that has been used in a crash.
- When shopping for car seats, remember that more expensive seats aren't necessarily better
 than low-priced seats. All child safety seats must meet federal safety standards, regardless of
 price. Likewise, don't be tempted to skimp on car seats because you only drive your
 grandchildren around town; statistics show that most crashes and injuries happen near home.

Car Safety Basics:

- Buckle up all children under age 13 in the back seat.
- Choose a car seat that fits your grandchild.
- Use the car seat instructions and vehicle owner's manual for help installing and adjusting a seat correctly.
- Make sure the car seat is installed tightly in the vehicle (except boosters).
- Have a certified Child Passenger Safety Technician check your seat if you still have problems
 or questions about whether you are doing it right.

Virginia's Laws:

- Birth until 5 years old Child safety seats are required for children. Safety seats must properly be used and approved by the Department of Transportation standards.
- Ages 6 to 15 years old Children must be belted correctly in vehicle safety belts.
- Age 16 and up Seat belts are required while sitting in front seats.

AAA Mid-Atlantic serves 786,000 members in the Commonwealth of Virginia and a total of 3.4 million members in Washington, DC; Maryland; Virginia; Delaware; Pennsylvania; and New Jersey combined. It provides a wide range of automotive, personal insurance, travel, and financial services through its 50-plus retail branches, regional operations centers, and the Internet. For more information on AAA Mid-Atlantic, please visit our web site at www.aaamidatlantic.com.

Department for the Aging Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors

Area Agencies on Aging

FROM: Marsha Mucha

DATE: February 23, 2005

SUBJECT: Commonwealth Council on Aging Meeting Minutes

Attached for your information are the minutes from the December 2, 2004 Commonwealth Council on Aging meeting.

If you have any questions or would like additional information, please let me know.

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Commonwealth Council on Aging

Meeting Minutes

December 2, 2004

Virginia Department for the Aging Conference Room

Members Present: Betty Bowden Gwen Mullen

John W. Burton Theresa Ransone

Mary Lee Cantor Judi Reid

David Cash
Dr. Barbara Chrisley
Helen Cockrell
Norah Knutsen
Judith Koziol

Xavier Richardson
Shirley Rogers
Elvira Shaw
Lilyan Spero
Erica Wood

Dr. Dick Lindsay Ella Brown Wright

Ex-Officio Present: Terry Smith, Department of Social Services

Diana Thorpe, Department of Medical Assistance Services

Members Absent: Barbara Taylor

Guests: See attached list.

Staff: Jay W. DeBoer, J.D., Commissioner

Tim Catherman, Deputy Commissioner, Support Services

Bill Peterson, Deputy Commissioner, Programs Janet Riddick, Director, Center for Elder Rights Robin Brannon, Communications Director Jack Kotvas, Assistant Attorney General Barbara Childers Sheehan, Student Intern Marsha Mucha, Administrative Staff Assistant

Meeting Called to Order

Mrs. Judi Reid, Chairman of the Commonwealth Council on Aging, called the meeting to order at 10:00 a.m. She welcomed everyone and asked members and guests to introduce themselves.

The minutes of the September 9, 2004 meeting were reviewed and approved as submitted.

Commissioner's Report

Commissioner DeBoer thanked Council members for their attendance and he noted that aging is becoming a popular topic again. He said that was a tribute to the Council and Virginia Department for the Aging (VDA) staff and the outreach undertaken in their activities around the Commonwealth. It is also a tribute to the Governor who has raised the awareness of aging, aging services, and the needs and impact of older Virginians on the Commonwealth.

Commissioner DeBoer reported that VDA's demographer, Kevin Byrnes, presented statistical data on the expected population growth of Virginia's older citizens over the next 40 years at the Virginia Coalition on Aging Conference. Commissioner DeBoer noted that if you want to see what Virginia will look like in 2025, look at Florida today. Statistics show that the percentage of aging Virginians in 2025 will exceed the number of aging Floridians today, in terms of the percentage within the population.

Commissioner DeBoer reported that the Secretary's Task Force on Assisted Living Facilities has finished its work. The list of recommendations from the Task Force are listed on the VDA website and have been presented to Secretary Woods for her consideration. He further reported that the Department of Social Services (DSS) is also making a number of recommendations concerning assisted living facilities. Commissioner DeBoer noted that he expected to see a number of assisted living bills from a variety of sources introduced during the upcoming legislative session.

Commissioner DeBoer reported that VDA has submitted its budgetary proposals through the Secretary's Office. He noted that staff would not know the outcome of VDA's budget requests until the Governor's budget comes forward in about two weeks. He explained that current needs for transportation are staggering and that education and human services will be competing with transportation for funding from General Fund sources.

Commissioner DeBoer reported that Mr. Colvin presented the Joint Legislative Audit and Review Commission (JLARC's) interim report on HJR 103 to the full Commission in October. AARP has also conducted a study on long-term care service delivery and options in Virginia and will present their findings and recommendations in a press conference on December 8, in House Room 5 in the State Capitol at 2:00 p.m.

Community Transportation Overview

Mrs. Betty Newell, President of the Board of Directors of the Community Association for Rural Transportation (CART), presented an overview of personal transportation at the national and state levels.

Mrs. Newell noted that transportation is too often an afterthought because, once programs are in place, people can't take advantage of them if they don't have a way to reach them. She further reported that one type of transportation is not going to meet all or even most of the transportation needs of the community. Transportation should be thought of as a continuum and take into account the range of seniors' abilities to utilize the services. Mrs. Newell further noted that public transportation, whenever possible, needs to be the backbone or the framework for mobility services in the community. She reported on the following transportation initiatives at the federal and state level:

- Admit that there is a problem. There will be a dramatic increase in the number of seniors in the near future. The largest number of those will be some of the people that need the most services. It is estimated that 40% of rural areas in the country have no public transportation and another 20% have very minimal transportation.
- Increase emphasis on coordination of services. In April of this year, President Bush signed an Executive Order directing 10 federal agencies to actively coordinate and remove barriers to services.

- Conduct a comprehensive assessment of transportation resources available in the Commonwealth. The state will utilize the federal grant funds received for United We Ride to conduct the assessment.
- Develop multi-functional use vehicles. Several vehicles have been developed for use by school children that can be adapted for use by the general public.
- Improve roads and vehicles to make them more senior friendly.
- Improve public transportation to allow more flexibility for users.
- Examine Medicare's role in reimbursing for transportation services.
- Educate seniors about mobility options.

In closing Mrs. Newell asked Council members to encourage transportation that provides life-enhancing services not just life-sustaining services. A short question and answer period followed.

The Future of Long-Term Care

Dr. Dick Lindsay, geriatrician and member of the Council, presented on the future of long-term care. During his presentation, Dr. Lindsay noted the following trends and aging issues:

- The whole world is aging. There are 84 major countries in which the birthrate has declined over the last 20 years and in which their current population will not be replaced. This has huge implications because the number of young people will not be sufficient to support the aging.
- The elderly are extremely diverse. They have a range of issues and needs from health care and education to employment. There are increasing numbers in the minority populations of elders, and approximately 44 million Americans functionally illiterate. Materials must be developed that can be easily understood by all populations.
- The number of elderly who have disabilities and those with developmental disabilities is growing. In many cases, these individuals are beginning to out-live their caregivers, and they are not receiving proper health care.
- The number of people without health insurance continues to rise.
- Health care spending continues to increase. Approximately 15 diseases such as heart disease and diabetes are responsible for the major portion of health care spending.
- There will be a major nursing shortage by 2020. Also, shortages will be seen in those who provide therapy (occupational, physical, etc.).
- The delivery of health care is changing. Patients have shorter office visits with their doctors and hospital lengths of stays are also shorter. Health care workers are also coming in contact with new and emerging illnesses and diseases.
- Geriatric training for physicians needs to be increased. Every physician should have a working knowledge of geriatrics, and licensing should include material on geriatrics on exams.

Dr. Lindsay explained that the more a person walks (regardless of race, age or body mass) the more the risk of cardiovascular disease can be significantly reduced. Through lifestyle modification, a person may delay the onset of some diseases, delay functional aging and therefore change the quality of their life. The state should consider offering tax credits to businesses that encourage efforts to improve employee health through exercise.

In closing, Dr. Lindsay noted that he would like to see all state agencies have a designated person to represent aging in all discussions and policymaking. Virginia also needs an up-to-date database of its elderly and everyone should continue to work to improve the funding for institutional home care services.

Medicaid Waiver for Intensive Assisted Living

Mrs. Diana Thorpe, Director of the Long Term Care Division, Department of Medical Assistance Services (DMAS), reported that the 2004 General Assembly mandated that the Director of DMAS develop a 1915(c) Medicaid-funded Home and Community-Based Waiver for individuals with Alzheimer's Disease or a related dementia. She explained that DMAS was required to report to the Governor and the Chairman of the Joint Commission on Health Care in October 2004 so that the fiscal impact of such a waiver could be considered during the development of the Commonwealth's 2005-2006 budget.

Mrs. Thorpe reported that DMAS formed an advisory group and researched other states with Alzheimer's Units/Waivers, with particular attention paid to Alabama's approved Medicaid Waiver. She noted that, during development of the waiver, some advisory group members believed that the provider requirements were too stringent. Mrs. Thorpe went on to explain that, while some requirements were changed as an outcome of these discussions, those requirements involving quality of care were left intact.

Mrs. Thorpe noted that people admitted to this waiver program would receive services in a licensed assisted living facility that meets the requirements of a "safe, secure environment" according to the DSS licensing regulations. They must meet nursing facility admission criteria as determined by a preadmission screening team using the full Uniform Assessment Instrument (UAI). They must also be diagnosed with Alzheimer's disease or a related dementia and cannot have a diagnosis of mental illness or mental retardation. People admitted to this waiver must also be eligible for an Auxiliary Grant and be at least 55 years of age at the time of admission to the waiver program.

The current assisted living facility regulations meet the requirements for people who are in an assisted living level of care; however, they are not sufficient to meet the health and welfare requirements of a Medicaid waiver. DMAS must demonstrate to the Centers for Medicare and Medicaid Services (CMS) that sufficient safeguards are in place to ensure quality of care under the guidelines of the waiver. Mrs. Thorpe noted that CMS now requires yearly reports on all waivers.

Other requirements of the waiver include:

- The assistant living facility administrator must be licensed. The Department of Health Professions will propose a bill in the 2005 General Assembly to require administrator licensing.
- A licensed individual must administer medications.
- All staff, including the administrator, must receive 12 hours of dementia-specific training before having contact with the residents. A licensed professional with expertise in dementia must provide the training
- Activity programs must be designed to meet the individual needs of each resident and provide activities appropriate to residents with dementia.

A short question and answer period followed Mrs. Thorpe's presentation.

Legislative Committee Report

Mrs. Erica Wood, Chairman of the Legislative Committee reported on the following items:

- Legislative Platform She thanked Ms. Brannon, Mrs. Taylor and members of the Ad Hoc Committee for their work on the document. A laminated copy of the Council's legislative platform will be distributed to all members of the General Assembly.
- Sponsors and cosponsors for the Council's legislative platform Mrs. Wood reported that Mr. Jack Reid, member of the Virginia House of Delegates, has agreed to sponsor the Council's legislative platform. She noted the importance of getting the Council's legislative platform before members of the House and Senate Health and Human Services subcommittees of House Appropriations and Senate Finance.
- Report of legislative visits Several Council members gave brief updates on visits they have already made to legislators. Everyone was encouraged to visit with his or her individual legislators before the Session begins.
- Accessible housing bill Mrs. Wood reported that the accessible housing bill from the Council's 2004 legislative platform was carried over and would be discussed on December 8, 2004 at an upcoming General Assembly committee meeting. Mrs. Shaw will represent the Council at the upcoming committee meeting.
- Funding for home and community based care The Virginia Association of Area Agencies on Aging (V4A) has requested the Council's support on the restoration of funds for home and community based care. Because of budget cuts and even with the restoration of some funds last year, the area agencies on aging (AAAs) are approximately \$1 million short of 2002 funding levels. After further discussion, the Council voted to support this request from V4A.
- Advocacy Day, January 26, 2005 Council members will meet and attend the Virginia
 Center on Aging's Legislative Breakfast. After the breakfast, Council members will meet
 their individual AAA directors for legislative visits to the General Assembly Building.
 After the visits, Council members will return to VDA for the regular Council meeting.
 Transportation will be provided to and from VDA to downtown.
- Participation in the upcoming legislative budget hearings These hearings are usually held around the state toward the end of December or the first of January. When the schedule is available, it will be disseminated to Council members. The Legislative Committee would like to have a Council member attend each of these meetings.

Planning and Development Committee Report

Mrs. Judith Koziol, Chairman of the Planning and Development Committee, reported that the Committee had met several times in recent months and was making a recommendation for the Council's approval. She explained that the recommendation would help promote the Committee's goal, which is to focus on the promotion of positive aging by helping seniors remain as independent as possible.

The recommendation made was as follows:

The Planning and Development Committee will be developing a statewide best practices award program. This program will recognize innovative efforts by communities throughout the Commonwealth that support the mission of the Commonwealth Council on Aging. The first award will be presented in January 2006.

The Council approved the Planning and Development Committee's recommendation.

Mrs. Reid announced that Mrs. Cockrell would assume chairmanship of the Planning and Development Committee. On behalf of the Council, Mrs. Reid thanked Mrs. Koziol for her service as chairman of the committee.

Other Business

Dr. Bill Peterson conducted training for Council members on Virginia's Conflict of Interest Act. At the conclusion of Dr. Peterson's presentation, the Financial Disclosure Forms were distributed. He asked that they be returned to Ms. Mucha by the first of January 2005.

Mrs. Reid reported that, at the January 26, 2005 meeting, a Nominating Committee would be appointed and elections for new Council officers would be held in May. She asked Council members to submit biographical information to her, which she will forward to the Nominating Committee.

Mrs. Reid reported that Dr. Thelma Bland Watson, Executive Director of Senior Connections, had invited Council members to attend a Legislative Breakfast and Forum, which will be held Thursday, December 9, 2004 from 8:30 a.m. to 10:00 a.m. at Imperial Plaza.

Meeting Dates

Mrs. Reid reminded Council members that the next meeting date would be Wednesday, January 26, 2005 at 11:00 a.m. (appointment of a Nominating Committee) and she proposed the following meeting dates for the remainder of 2005:

- Thursday, May 19, 2005 (election of new officers)
- Thursday, September 8, 2005
- Thursday, December 1, 2005

Mrs. Reid explained that V4A had invited the Council to hold a joint meeting. Mrs. Cockrell explained that the only V4A meeting that would be held in Richmond in 2005 is the meeting scheduled for Tuesday, January 25, 2005. V4A will hold its annual meeting in Virginia Beach in October 2005. After some discussion, the Council decided to stay with their original meeting date of January 26, 2005. After more detailed information is available from V4A, the Council's Executive Committee will discuss the matter and make a recommendation to the Council about meeting jointly with V4A in October 2005.

Public Comments

Mr. Carter Harrison from the Alzheimer's Association noted that he would be happy to speak with individual Council members about the different aging organizations with which he is involved. He noted that the Partnership for Virginia's Sake, would be meeting each Tuesday at

lunchtime during the upcoming legislative session. The meeting location has yet to be determined.

Mrs. Newell thanked the Council members for providing her with the opportunity to speak with them about transportation. She noted that she was very encouraged by the emphasis being placed on mobility. She distributed some additional information to Council members about transportation issues and studies.

Adjournment

There being no further business the meeting was adjourned at 1:50 p.m.

Commonwealth Council on Aging Thursday, December 2, 2004

Name	<u>Affiliation</u>
- Sety Newell	CART
Wa Ludy	
Roberta Miller	Resources Resourceful
Ashley Colvin	JLARC
Janice Baab	JLARC
JEAN BAIDWIN	VANHA (UA ASSOC, OF MORPHOTIT
Carter Harrison	Ala Ason Aging
Manenne Manhn	SN. Com
Tiffany Royall	American Red Cross
Thelma Bland Watson	Senia Connections CAAH
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